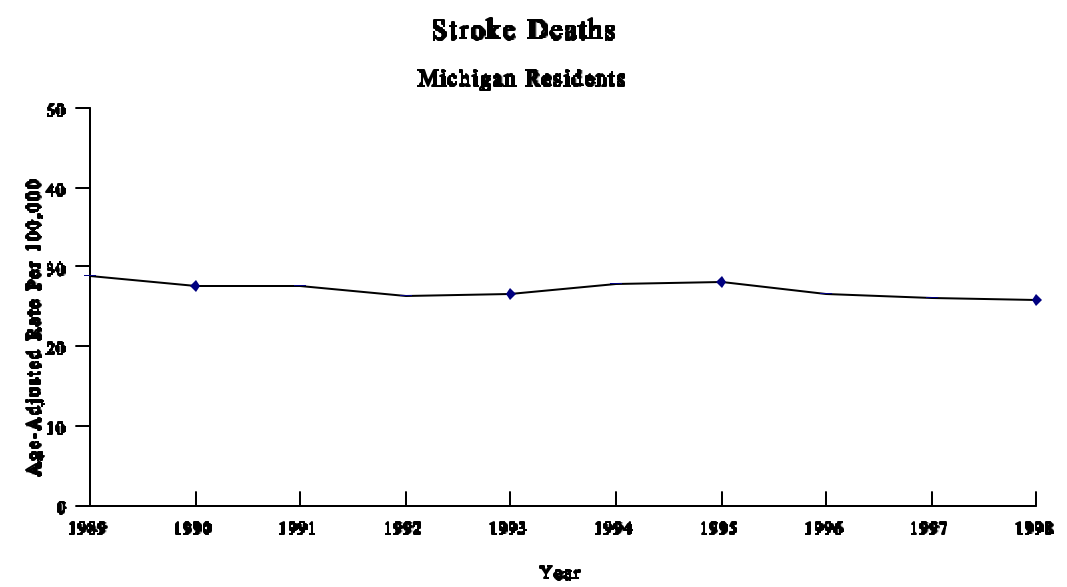


## Vital Statistics Indicators

### *Stroke Deaths*



Source: Division for Vital Records and Health Statistics, MDCH

### *How are we doing?*

Stroke is the third leading cause of all deaths in Michigan and the sixth leading cause of Years of Potential Life Lost (YPLL) for people below the age of 75.

An artery hemorrhage or blockage in the brain causes a stroke. High blood pressure is the most important risk factor for stroke. Other risk factors include cigarette smoking, physical inactivity, high cholesterol, and obesity.

In 1998, there were 5,760 deaths due to stroke in Michigan. The age-adjusted death rate for stroke was 25.9 per 100,000 population. The rate of death by stroke has remained relatively stable during the past 10 years.

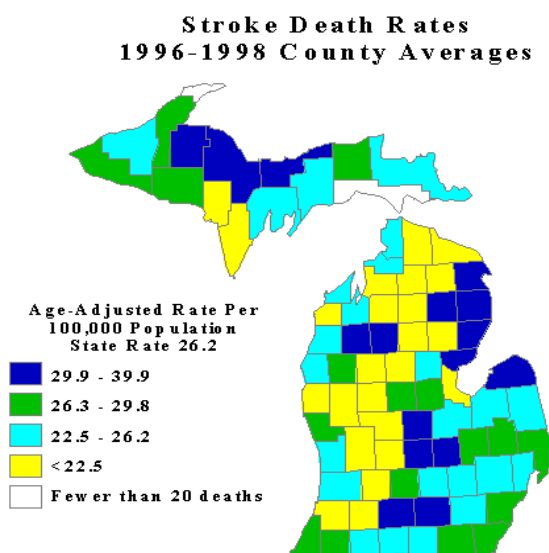
### *How does Michigan compare with the U.S.?*

Michigan's 1997 age-adjusted rate of 26.0 was similar to the U.S. rate of 25.9. Stroke was the third leading cause of all deaths in the U.S. and the sixth leading cause of YPLL in 1997.

## ***How are different populations affected?***

Incidence of strokes increases with age. In Michigan, 88 percent of stroke deaths occurred to individuals aged 65 or older in 1998.

Although males have a higher risk of dying of stroke than females, the number of females dying of stroke is larger than males, because women live to older ages when stroke is most common.



In 1998, African-Americans had higher stroke death rates (38.2) than whites (24.1). The age-adjusted stroke death rate for African-American males was 44.0.

## ***What other information is important to know?***

Stroke remains the leading cause of severe long-term disability. Controlling high blood pressure, high cholesterol, and reducing smoking will have the greatest effects on reducing stroke rates. Other risk factors include age, gender, family history, previous stroke and socioeconomic status.

## ***What is the Department of Community Health doing to affect this indicator?***

The department is actively working to decrease the incidence and impact of strokes. The Cardiovascular Disease Prevention Program offers services around the state aimed at controlling risk factors that lead to heart disease and stroke. Services include heart health screenings and education in communities, work sites, schools, churches, and health care systems. These educational services assist in reducing tobacco use, improving blood pressure and cholesterol levels, increasing physical activity, improving dietary patterns, and maintaining a healthy weight. Specific efforts target high-risk groups, particularly African-Americans.

An ongoing surveillance of trends in mortality from stroke is currently being conducted. A fact sheet has been developed. Presentations and scientific abstracts have been made to various organizations around the state.

Last updated: February 2000.